

































Metompkin Inlet, VA - May 2023

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	6:10	3.5	6:31	3.6			12:04	0.8	6:06	7:52	
2	Tue	6:53	3.6	7:13	3.9	12:27	0.6	12:44	0.5	6:05	7:53	
3	Wed	7:35	3.7	7:55	4.3	1:14	0.3	1:24	0.3	6:04	7:54	
4	Thu	8:17	3.7	8:37	4.5	2:00	0.1	2:03	0.1	6:03	7:55	
5	Fri	8:59	3.7	9:19	4.8	2:44	-0.1	2:42	0.0	6:02	7:55	
6	Sat	9:42	3.6	10:03	4.9	3:29	-0.2	3:23	-0.1	6:01	7:56	
7	Sun	10:27	3.5	10:50	4.9	4:15	-0.2	4:07	-0.1	6:00	7:57	
8	Mon	11:14	3.4	11:39	4.8	5:03	-0.1	4:54	0.0	5:59	7:58	
9	Tue			12:03	3.3	5:56	0.1	5:46	0.1	5:58	7:59	
10	Wed	12:32	4.7	12:57	3.2	6:53	0.2	6:45	0.2	5:57	8:00	
11	Thu	1:28	4.5	1:57	3.1	7:52	0.3	7:49	0.3	5:56	8:01	
12	Fri	2:30	4.3	3:03	3.2	8:52	0.3	8:56	0.3	5:55	8:02	
13	Sat	3:35	4.1	4:12	3.4	9:51	0.3	10:04	0.3	5:54	8:03	
14	Sun	4:40	3.9	5:16	3.7	10:47	0.2	11:11	0.2	5:53	8:03	
15	Mon	5:40	3.8	6:13	4.0	11:40	0.0			5:52	8:04	
16	Tue	6:34	3.7	7:04	4.3	12:15	0.0	12:29	-0.2	5:51	8:05	
17	Wed	7:23	3.6	7:51	4.5	1:13	-0.1	1:15	-0.3	5:51	8:06	
18	Thu	8:10	3.5	8:36	4.7	2:05	-0.3	1:59	-0.3	5:50	8:07	
19	Fri	8:56	3.4	9:20	4.7	2:52	-0.3	2:41	-0.3	5:49	8:08	
20	Sat	9:40	3.3	10:03	4.6	3:37	-0.2	3:22	-0.2	5:48	8:09	
21	Sun	10:24	3.2	10:47	4.5	4:20	-0.1	4:04	0.0	5:48	8:09	
22	Mon	11:07	3.1	11:31	4.3	5:04	0.2	4:47	0.2	5:47	8:10	
23	Tue	11:51	3.0			5:48	0.4	5:31	0.4	5:46	8:11	
24	Wed	12:16	4.1	12:36	2.9	6:34	0.6	6:19	0.7	5:46	8:12	
25	Thu	1:03	3.9	1:25	2.8	7:22	0.8	7:11	0.8	5:45	8:13	
26	Fri	1:51	3.7	2:17	2.8	8:10	0.9	8:05	1.0	5:45	8:13	
27	Sat	2:43	3.5	3:13	2.9	8:56	1.0	9:01	1.0	5:44	8:14	
28	Sun	3:36	3.4	4:09	3.1	9:42	0.9	9:58	1.0	5:44	8:15	
29	Mon	4:29	3.4	5:02	3.4	10:26	0.8	10:54	0.9	5:43	8:16	
30	Tue	5:20	3.4	5:50	3.8	11:11	0.7	11:49	0.7	5:43	8:16	
31	Wed	6:08	3.4	6:36	4.2	11:55	0.5			5:42	8:17	